

Spout Spring

Spout Spring, Feb. 13.—Miss Annie Martin, of Washington, D. C., spent several days last week with her mother, Mrs. Bruce Martin, who has been sick.

Mott Cyrus had the misfortune last week to injure his foot.

Jimmie Martin spent the week-end at Pampin with his grand parents, Mr. and Mrs. Tom Harris.

Miss Margaret Moon spent Sunday night in Lynchburg with Miss Helen Marks.

Labor Force

The nation's labor force is divided into three general classifications. In periods of economic stability, the percentages for each classification are as follows: service industries, 50 per cent; consumer goods industries, 33 per cent; and durable goods industries, 17 per cent. The first category includes transportation, communications, entertainment, doctors, lawyers, and things of a similar nature. Consumer goods include principally the things that are eaten, wearing apparel, fuel, cosmetics, and other similar commodities. The third classification, durable goods, includes construction, machinery, vehicles, household equipment, metal mining and similar commodities.

Clean Rubber

Take oil, grease, and tar spots off rubber quickly. Usually a bath of warm water and soap will do the work. If the spot stays on after this treatment, sponge it with a dry-cleaning fluid. If necessary, soak the spot in the fluid—but no longer than two or three minutes. Treat rubber extra gently while it is fluid on it. Because it does not catch fire, carbon tetrachloride is one of the best fluids for cleaning rubber. It is born spots on rubber. Gasoline is all right to use if it has no tetrachloride lead in it.

Broken Zipper

If a zipper stop has broken at the bottom and the slide has pulled off, hold the teeth together and slip the slide on again at the bottom. A slide that pulls off at the top can only be put on again at the bottom. To do this, remove the bottom stop, hold the teeth together, and coax slide on. Replace stop by stitching firmly across the end by hand.

Fats Easily Substituted

In most cooking recipes, fats may be substituted measure for measure in most recipes, except those that call for shortening. Only when a large amount of fat is used does the slight difference in their make-up matter. Lard, oils, and the cooking fats sold under many brand names, for instance, are 100 per cent fat; butter and oleomargarine are about 80 per cent fat.

When using an unsalted fat instead of a salted one, be sure to add salt. When oil is used instead of a firm fat in pastries, mix the oil with the water before you combine it with the flour. When you use oil in cakes, mix it with the other liquid ingredients. Almost any fat or oil may be used for pan frying if you are careful with the heat. The most important thing to remember is that fats vary as to the amount of heat they can stand.

Cut Losses

There are 10 good ways farmers may cut down on losses in their poultry flock. Suggestions are: Buy chicks and breeding birds from cleanest source from one who is following a good breeding and disease control program; buy chicks originating from hens tested for pullorum disease; keep the young chicks away from older birds; allow no contaminated equipment to be brought on the premises; keep no chickens in disease-contaminated or parasite-infested premises; keep visitors from the poultry houses or range; prevent chickens that have left the premises from getting back in the flock; let no sick chicken stay on premises; if any disease shows up, get authoritative advice on treatment promptly, and practice a strict program of sanitation and quarantine.

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Good Equipment Eases Routine Household Tasks

Proper equipment makes routine household tasks less tiresome. Be sure that tables, sinks, and other work surfaces are of the correct height. If the kitchen sink is too low, place a board or rack under the dish pan. Tables can be raised with swivel wheels, blocks, or extensions fastened to the legs.

Homemakers who have to pack a lunch at home can save time and energy if they plan ahead. Foods for the two lunches can be prepared at the same time. Make egg-filled sandwiches for the lunch box and have creamed eggs and toast at home. The same salad can be included in both lunches, as can also a hot soup, cookies, and milk. Applesauce at home can be balanced by an apple in the lunch box. Such a scheme makes it easy to plan other meals, for everyone has had the same sort of food at lunch time.

A regular rest period during the day helps to lessen fatigue, and provides time to read, knit, or play with the children.

Saved Fats Have Many Uses in Cooking

Saved fats may include drippings from roast or broiled meat or from poultry, or rendered trimmings of pork, beef, poultry. Number 1 use of saved fats is gravy. Use saved fat also in sauces for scalloped dishes, or add it to soups.

Flavor vegetables with it. Add to plain boiled vegetables, mash with potatoes, mix with a little vinegar and use as the dressing for wilted lettuce, top off a baked potato with it, use for pan-frying cabbage, squash and other vegetables. Add during cooking to meat that hasn't enough fat of its own.

Make it the fat in piecrust, cake, gingerbread, waffles, muffins, biscuits, stuffing for poultry or meat, mince pies and other cereal dishes. "Butter" bread crumbs in it. To mask the flavor of lamb, mutton, and other such fats, combine with onions or mixed vegetables in soup, or use as the shortening in crust for meat pie or in spice cake, ginger bread, or orange cakes or cookies.

Frozen Foods

New types of frozen foods are in prospect after the war. Frozen sweet potatoes, vegetables suitable for infants, and tomato juice seem to be definitely on the way. Veal fruit for desserts has promise. This product tastes like fresh fruit, the fruit and has the taste of cream. In addition to fruit puree, it contains only sugar, a small amount of gelatin, and sometimes added lemon or citric acid. It is frozen in an ice-cream freezer. Action of the freezer incorporates enough air to double the volume of the mix. Thus there are the frozen concentrated orange juice and other fruit concentrates. Concentration of the juice is accomplished by partial freezing and separating the ice crystals from the concentrated mother liquor. It is reported that a method has been devised for freezing mixed eggs in bricks, each brick containing one of which can be broken from a block and thawed quickly.

Released Manpower

During the Civil war, when half the crops would have been left standing in the North but for agricultural machines to do the harvesting, the number of mowers manufactured to offset the enlistment of farm labor more than tripled.

"The reaper is to the North what the plow is to the South," said Lincoln's Secretary of War, Edward M. Stanton. "By taking the places of regiments of young men in their own harvest fields, it releases them to do battle for the Union at the front, and at the same time keeps up the supply of bread for the nation and the nation's armies. Thus without McCormick's invention I fear the North could not win, and the Union would be dismembered."

Waterproofing Garments

In a simple home treatment for waterproofing cotton gabardine and other firmly woven cotton materials, the garment to be treated is first placed in lukewarm soap suds made with a good neutral soap. After it is thoroughly soaked in this, the garment is squeezed free of excess water and soap, then put in a solution made with two ounces of potash alum for each gallon of water. After the garment soaks in this thoroughly, it is squeezed out and hung to dry without rinsing, but always on a rope clothesline rather than a metal one. Children's play clothes and jackets treated in this manner give added protection, though they must be retreated after each washing.

Electric Washer

For safety with an electric washer, stand on a dry floor and have dry hands when you connect the plug. Connect to an appliance outlet or to a porcelain socket provided for the machine. To disconnect, grasp the plug, not the cord. Keep outlet in good repair. Keep cord clean, dry—away from sun, heat and oil—never roll the washer over it. Repair cord or plug as soon as a broken or worn place shows. If your washer blows a fuse, replace with a 15-ampere fuse. Too large a fuse may permit the motor to be injured or burned out before the fuse blows.

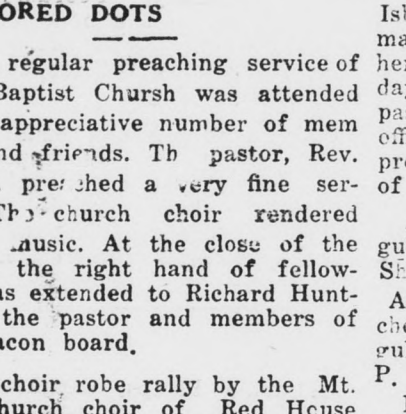
PETER B. PEEVE

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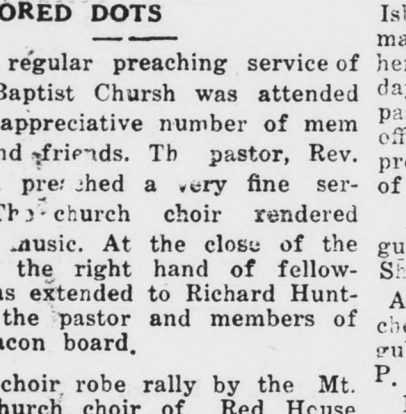
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